

ABSTRACT

TITLE OF THE ABSTRACT: Prevalence, Pattern and Factors associated with guilt in mothers of children with Neuro-Developmental Disorders who have not received exclusive breast feeding.

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OBJECTIVES: To document the prevalence of guilt, describe the patterns of guilt proneness and assess the factors those are associated with guilt in mothers of children with NDD who had given complimentary feeding or have perceived inadequacy with regards to breast feeding.

METHODS: In this cross-sectional study, all mothers of children and adolescents with NDD attending either the outpatient clinic or admitted in the inpatient facility of child and adolescent psychiatry unit were recruited. The study period started from May 2018 to September 2018. Consecutive mothers were enrolled in to the study if they fulfilled the selection criteria. The socio- demographic, clinical details, which includes retrospective breast-feeding history which were recorded on a structured proforma. Those mothers who have given exclusive breast feeding were considered as controls and those who have given complimentary breast feeding or had perceived inadequacy were recruited as cases. The GASP scale and TOSCA scale was administered to both the groups. The guilt due to lack of adequate breast feeding, perceived

inadequacy and other cause of guilt were interviewed and documented. The difference in the continuous and categorical between the groups will be measured independent student's T test and Chi square tests respectively. The prevalence and pattern of guilt will be presented in percentages. The difference in the (GASP)scale/TOSCA scale scores will be compared between groups using independent student's T test. The dichotomized (GASP) scale/TOSCA scale scores (as high vs. low level of guilt, based on the scale's classification) will be used to identify the significant independent variables associated with high level of guilt using univariate and multivariate logistic regression analyses.

RESULTS: The prevalence of guilt related to all psychosocial reasons associated with having a child with neurodevelopmental disorder other than the perceived inadequacy related to breast feeding is 57.33%.The prevalence of guilt related to perceived inadequacy of breast feeding is 34.22% . Patterns of guilt in the TOSCA: the sub- scale of guilt self -talk with low of 62.1% and high as 37.9%.In the GASP scale: sub scale of guilt negative behavior evaluation: with low in 58.6% and high in 41.4%.Guilt repair scale: low in 51.7% high in 48.3%. It is crucial to explore for guilt in mothers having a child with NDD and offer appropriate psychological interventions for resolution of guilt which will lead to better maternal engagement in the child's therapy leading to better outcomes in the child.